



# VELNEWS

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## Prize Distribution Ceremony for a Grand Essay Competition 2017 for Undergraduate Medical Students at Ida Scudder Memorial Auditorium, Velammal Medical College Hospital & Research Institute, Madurai



- Winners :-
- 1) Ms. Iyasyarya, Dhanalakshmi Seenivasan Medical College, Perambalur, Prize Amount: Rs.100000/-
  - 2) Ms. K. Haritha, Velammal Medical College Hospital & Research Institute, Madurai, Prize Amount: Rs.75000/-
  - 3) Ms. M. Mathikha, Tirunelveli Medical College Hospital, Tirunelveli, Prize Amount: Rs.50000/-

Velammal Medical College  
Hospital & Research Institute  
"Velammal Village", Madurai - Tuticorin Ring Road,  
Madurai - 625009. Phone : 0452 2510000 Fax : 0452 2510010

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**EDITORIAL****Community based medical education:  
Need of the Hour**

The health care scenario in India is facing serious challenges such as inequities and poor access to healthcare services, burden of communicable, non-communicable and emerging infectious diseases, increased risks of environmental and behavioural health problems and poverty. In order to provide comprehensive health care, the goals of the undergraduate medical education are to create basic doctors with requisite knowledge, skills, attitudes, values and responsiveness, so that they may function appropriately serving the need of the community. He should possess skills of a good clinician, providing comprehensive care with compassion, researcher, leader and member of the health care team, communicator and a professional, who is ethical, responsive and accountable to patients, community, and the profession.

Community-Based Medical Education provides excellent opportunities to incorporate these skills among undergraduate students. It uses community extensively as a learning environment, where students are actively engaged throughout the educational experience sensitizing them to community needs. It gives opportunity to students to understand the values, beliefs and customs, prevailing in families and the community. It facilitates teaching and learning in a meaningful way and responsive to community needs. It provides clinical experience relevant to prepare them as primary care physicians. It helps students to develop skills of comprehensive evaluation of patients by looking beyond the clinical illness and exploring the role of behavioural and social factors in health and diseases. Community surveys develop the research attitude and strengthen their interview skills. Exposure to various health care facilities makes them aware of their future role as a primary care physician. Community based education plays a vital role in preparing students to achieve the required competencies.

**Dr. Samir Bele**

Professor, Community Medicine, VMCH&RI,  
Madurai.

**Editor**

**Dr. Samir Bele**

Professor and Head, Department of Community Medicine,  
VMCH&RI, Madurai-625009, Phone Number: 0452-7114119,  
Email: drsamirbele@velammalmedicalcollege.edu.in

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**CHAIRMAN'S MESSAGE**

**Dear all,**

Greetings!

I extend my heartfelt wishes for a happy and prosperous new year to all of you. Last year has been an eventful one with our institute achieving new heights in various departments. It is also a constant reminder of how there is always a scope for us to get better than what we are today.

With currently over 747 medical students under its wings, the medical college is faced with the enormous responsibility of shaping the minds and skills of future doctors. It is surprising to know that doctors who venture into teaching do so without special training in teaching. Given the complex nature of skills, knowledge and behaviour that has to be taught in the discipline of medicine, the responsibility on the shoulders of the teaching faculty is enormous. Faculty development programs organised by the institute under the ambit of its medical education unit and the observer ship of JIPMER, Puducherry, aim to mould doctors into better teachers who will in turn shape better students. It is interesting to note the latest, technologically advanced teaching aids and methods available in the field of medical education which has come a long way since the blackboard. I encourage our medical education unit to adapt the best of technology and expertise available to make our doctors the best teachers, so that they are able to mentor students ably.

We are never too old to learn and adapt to the needs of the constantly changing world around us. Learning is a process that leads to a permanent change in knowledge, skills and behaviour. This change is vital to producing empathetic and knowledgeable doctors who are sensitive and responsive to the needs of the patients and community as a whole. It will also promote smooth and efficient functioning of a health care team and the institute as a whole.

Another new year has dawned and it is time for us to make our lives better than ever before. Being in the medical profession, doctors can also make the lives of so many others better. I hope we all put our heart, mind and soul into making this world a better place to live in

Regards,

**M.V. Muthuramalingam,**

Chairman, Velammal Educational Trust.

**CLINICAL CORRELATION - ITS IMPORTANCE IN DIAGNOSING RARE POSTERIOR MEDIASTINAL TERATOMA****Vijayakumar K<sup>1</sup>, Mariappan M. MD<sup>2</sup>, P. Selvakumar MD<sup>3</sup>, Mohanakrishnan L. Mch<sup>4</sup>**<sup>1</sup>Consultant Cardiac surgeon, <sup>2</sup>Consultant Radiologist, <sup>3</sup>Chief Anesthesiologist Cardiothoracic Surgery & Director Medical Services, <sup>4</sup>Director Cardiothoracic Surgery Department of Cardiovascular & Thoracic Surgery**ABSTRACT**

Posterior mediastinal teratoma is a rare condition, which manifests very late. So in majority of patients diagnosis is made incidentally when an investigation is performed for some other purpose. Therefore awareness of the condition is important for diagnosis. We are here by reporting a case of unusually large posterior mediastinal teratoma, the diagnosis of which was missed, because of rarity of the condition and failure to correlate clinically.

**Key words : posterior mediastinum, teratoma, clinical correlation**

**INTRODUCTION**

Mediastinum though is one of the most common extra gonadal site for mature teratoma, it occurs commonly in anterior mediastinum. Posterior mediastinum, accounts for only 3-8% of mediastinal teratomas.<sup>1</sup> 36% of these patients are asymptomatic<sup>2</sup> till the onset of pressure effects. So in majority of patients, diagnosis is made incidentally when an investigation is performed for some other purpose.<sup>3</sup> Awareness of this condition is essential to avoid judgmental errors. We are reporting a case of unusually large posterior mediastinal teratoma, the diagnosis of which was missed twice in various situations, because of rarity of the condition and failure to correlate clinically.

**CASE REPORT**

A 45 years old male, non smoker, non-diabetic and normotensive had approached his local physician with complaints of chest discomfort and mild fever 25 years ago. Probably due to reduced air entry he had a chest radiography done and was diagnosed as pleural effusion. It was tapped and he was put on antituberculous treatment. As the patient became comfortable within a week he stopped the medications and didn't visit any medical facility after that.

He was apparently all right until 8 months back, when he approached a surgeon for bleeding per rectum and was planned for haemorrhoidectomy. As part of preoperative preparation a chest X-ray (Figure 1) was taken, which was interpreted as pleural effusion. An intercostal drainage tube was inserted. Once the drainage subsided, the tube was removed. Subsequently after four months, he developed breathlessness and a repeat X-ray chest was taken. He was again diagnosed as having effusion and an intercostal tube was reinserted (Figure 2). Seeing the turbid nature of the drained fluid and in view of recurrence, he was referred to this centre, with a diagnosis of pyothorax, intercostal tube in situ.

Presently his chest X-ray and computerised tomography (Figure 3) revealed a massive well circumscribed tumour with solid and loculated large cystic collections occupying the posterior mediastinum and extending almost into the whole of left hemithorax. The tumour was seen to extend from dorsal vertebrae 4 to 13, and extending retroperitoneally even displacing the kidney down and the spleen and the pancreas was displaced anteriorly. The lesion was seen to extend across the midline to the right side of posterior mediastinum (Figure 4). It was displacing the descending aorta and the heart anteriorly with compression of cardiac chambers.

By now the patient has become symptomatic even at rest and had Class III – IV symptoms. Surgical excision of the tumour was planned and left postero-lateral thoracotomy done. The tumour was found to be around 25 x 15 cm filled with yellowish turbid fluid, hair, calcific pieces and some solid areas. The mass was compressing the lower lobe of lung completely. Tumour was fully excised. The lower lobe of lung was tightly adherent to the mass but it could be preserved, though the dissection resulted in multiple areas of surface air leaks.

Post operatively patient became symptomatically better but for the persisting air leaks for around a month. This can be explained due to large space left out in the hemi thorax and the inability of the lung to expand to fill the area due to chronic compression and collapse, and due to the surface leaks resulting from separation of adhesions.

Histopathologic examination confirmed the diagnosis of mature cystic teratoma. Cyst wall contained hair follicles, sweat glands, sebaceous glands, cystic spaces lined by respiratory epithelium, lobules of mucous glands, bundles of smooth muscles, neural tissue, and adipose tissue.

**FIGURE LEGENDS****Figure 1**

The Chest X-ray taken prior to insertion of intercostal drainage tube

**Figure 2**

Chest X-Ray after Intercostal drainage tube insertion, mild rarefaction seen at the upper end of the radioopacity

**Figure 3**

Computerised tomography of chest showing the tumour with pleural collection, secondary to rupture.

**Figure 4**

Large posterior mediastinal teratoma

**DISCUSSION**

Posterior mediastinal mature teratoma is a rare entity and will remain asymptomatic till pressure effects are manifested. The diagnosis is confirmed by histopathological examination, where ectopic tissues from more than one germ layer is demonstrated.<sup>4</sup> In this case there were skin appendages (ectodermal origin), cartilage (mesodermal) and respiratory epithelium (endodermal) proving the diagnosis. Till the time the patient becomes symptomatic, the tumour may come to light incidentally when investigated for some other entity. Awareness of this possibility has to be kept in mind while interpreting the investigation findings. Otherwise, judgmental errors committed in this case report are bound to happen. The collection was diagnosed as pyothorax though clinically the diagnosis was not fitting for an asymptomatic patient. He had a pleural tapping and twice had intercostal tube insertions, which could have been avoided, if properly correlated clinically. It is reported that adhesions of these well circumscribed tumour to surroundings occur only with malignant transformation or when it gets ruptured producing inflammatory reaction. Spontaneous rupture though reported is very rare and is said to be due to autolysis of the wall.<sup>5</sup> Patients are said to become rapidly symptomatic after rupture due to inflammatory reactions and adhesions which develop after rupture. Here there is no evidence of malignancy, so the tight adhesions would have been due to the inflammatory reaction caused by iatrogenic rupture of the tumour by drainage tube insertions (figure 5). The tight adhesions, accounted for delay in settling of surface airleaks and postoperative morbidity. The tumour could have been identified 25 years back and excision done then before the onset of pressure effects due to massive increase in size and the ill effects of tight adhesions too could have been avoided. The morbidity and its concurrent discomfort could have been avoided by clinical correlation of findings. CT scan if done earlier could have helped in reaching correct diagnosis earlier.

**CONCLUSION**

Posterior mediastinal teratoma is a rare entity, which will remain asymptomatic till it enlarges to enormous size or gets ruptured. When in a routine investigation like chest X-ray, a fluid containing collection which doesn't correlate clinically with effusion is seen, this has to be thought of. CT scan of chest is the best investigation to help diagnosis. It will reveal the presence of heterogenicity in the tumour and help the diagnosis in most occasions.

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**WORLD ARTHRITIS AND OSTEOPOROSIS DAY 2017  
DON'T DELAY, CONNECT TODAY**

On 12<sup>th</sup> October every year, World Arthritis Day awareness programmes are being conducted across the globe uniting the people to increase the awareness on Rheumatic and Musculoskeletal disorders. Rheumatoid Arthritis (RA) is an extremely painful and debilitating disease with a very high prevalence rate in general population. However the awareness about this disease is low, this poses a significant challenge in early detection, treatment and slowing the disease progression.

In India, almost 9 million patients are suffering from Rheumatoid Arthritis. People with arthritis are limited in their ability to do daily activities, for example, individual can become unable to lift objects, walking can be difficult etc. Rheumatoid Arthritis is the major cause of disability in working-age men and women.

Early RA diagnosis and early treatment is critical to slow down the progression of disease. The three S-factors viz. Joint Stiffness, Persistent Swelling & Squeezing of joints leading to pain, may indicate Rheumatoid Arthritis. Delay may cause damage to joints, and long term disability.

Apart from DMARDS, we now have biologics and bio-similars, which are commonly used in developed countries, but also being increasingly initiated in India to control the inflammatory arthritis and comes at affordable cost. Ultimately as any inflammatory long term disease is considered a cardiovascular risk, it is imperative to control them effectively to improve the quality of life.



In order to increase the awareness of arthritis and osteoporosis among the public, patients and students, Dr. N Subramanian, Rheumatologist had organised the medical student seminar with 3 students talking on different aspects of inflammatory arthritis and then the patient awareness meeting in the hospital auditorium. Prof. M MuthuRamalingam from Eye department, Prof. Ramar from Orthopaedics and Mr. Kannan Physiotherapist talked to the patients about the need to maintain long term drug compliance and regular exercises and eye and joints symptoms to be aware of. Dr. N Subramanian and all others discussed with patients and addressed their concerns and questions. Patients were given hand aids and leaflets by the sponsors.

**Dr. N Subramanian MD, MRCP (UK),**

MRCP CCT (Rheumatology), FRCP

AP Medicine and Consultant Rheumatologist.

**WORLD PSORIASIS DAY**

29<sup>th</sup> October is World Psoriasis Day. World Psoriasis Day is an annual day specially dedicated to people with psoriasis/psoriatic arthritis. Conceived by patients for patients, World Psoriasis Day is a truly global event that sets out to give an international voice to the 125 million people with psoriasis/psoriatic arthritis all over the world to raise awareness about this disease and give people with psoriasis the attention and consideration they deserve.

The theme for 2017 world psoriasis day is **"Psoriasis – inside out"**. It is about sharing stories on the many aspects of psoriasis and psoriatic arthritis. The aim of observing World Psoriasis Day is to help psoriasis patients to recognize their own disease and seek treatment, enable public to realize that psoriasis is not contagious and halt discriminating behavior, and to facilitate the medical community for diagnosis and effectively treat the disease.

Department of Dermatology, Venereology & Leprology at VMCH organized a special CME on 9<sup>th</sup> November 17. Dr. R Gnanasekaran Assistant Professor, Dermatology at VMCH&RI said that prevalence and morbidity of psoriasis is increasing in India due to modern stressful life style, lack of adequate physical activities and associated risk of metabolic syndrome. Dr. N. Subramanian Assistant Professor, Rheumatology discussed about latest management of psoriatic arthritis. Patients of our hospital and general public eagerly participated in this programme and shared their experience with others.

Special questions and answers session was held by speakers, HOD Dermatology and other faculties. Faculties from various departments and final year students had participated in this programme.



**CELEBRATION OF CONSTITUTION DAY**

Velammal Medical College Hospital and Research Institute, Madurai celebrated the Constitution Day of India on 25.11.17, Saturday between 1 PM - 2.30 PM. The event was organised by the Department of Community Medicine and attended by 150 medical undergraduate students.



The occasion commenced with a lecture by Dr. Samir Bele, Head of Department of Community Medicine on "Salient Features of the Constitution of India". He highlighted the drafting of the constitution, its various amendments and also spoke about the key leaders involved in the process.

Ms. Sriharshini, II year medical student delivered a speech on the principles of Bioethics followed by Ms. Shakuntala, II year medical student who spoke about Justice. This was followed by a debate on the topic - **"Right to health in India- A distant dream or a reality"**. This debate was moderated by Dr. Jeyashree K, Assistant Professor, Department of Community Medicine. Medical students Ms. Sushila, Ms, Vairapraveena, Ms. Sobhana and Ms. Shivani participated as enthusiastic speakers.



Dr. Dhaval M, Co-ordinator of NSS unit Velammal Medical College coordinated the entire event. The event came to a conclusion with the reading of the preamble of the constitution.

**WORLD COPD DAY**

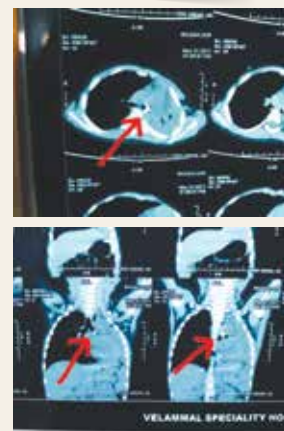
The World COPD day was commemorated at VMCH&RI on 15/11/2017 in our Hospital auditorium. One hour CME was conducted on the occasion. The Speaker was Dr. K Bharathi Babu, Associate Prof. of Respiratory medicine at Madurai Medical college, Madurai.

He spoke on COPD Updates. The meeting was well attended by many of the faculties belonging to various disciplines.

Submitted by,

**Dr. C Ramesh**

Prof. & HOD of Resp.med.

**BLOCKED AIRWAY**

Foreign body aspiration accounts for 7% of accidental deaths among children less than four years in India. Aspirated foreign body produces delayed symptoms, often mimicking common conditions like Bronchial asthma, pneumonia or upper respiratory tract infections.

Time of intervention is crucial, as in this case of a 2 years old girl who presented with the complaint of respiratory distress, tried, tested and failed all modalities of treatment in and around Madurai. Finally found hope.

The ENT team of Velammal Medical College Hospital and Research Institute, Dr. Maheswaran and Dr. Rajasekaran with assisted help from the Dept. of Anaesthesia headed by Dr. Selvakumar, constantly motivated by the Hon'ble Chairman, Shri. M.V. Muthuramalingam, the Dean Dr. R. M. Rajamuthiah and Superintendent Dr. Somasundaram took up the case immediately after timely imaging by the Radiodiagnosis team.

Dr. Maheswaran and team visualised a gritty stone completely occluding the left main bronchus. The foreign body was removed using a rigid telebronchoscope. The baby is completely normal after the procedure.

The integrated team work by the dept. of ENT, Anaesthesia, Paediatric and Radiodiagnosis brought back the smile on the baby's face and even more biggest smile on the parent's face.

Sudden unexplained cough, choking sensation in a normal child, always think about foreign body in the airway, and timely diagnosis and intervention will save the child.

**VELAMMAL MEDICAL EDUCATION UNIT - "ANOTHER TRIUMPHANT STRIDE"**

The Velammal Medical Education Unit completed the second Revised Basic Course Workshop from 26th to 28th December 2017. This is the third of the Basic Course Workshop which is part of the Faculty Development Programs initiated by the unit and a mandatory requirement by the Medical Council of India. Twenty three participants completed the course under the Observer ship of the MCI nodal Officer from JIPMER Puducherry, Dr. Zaya Pragassarazan who is the Co-convenor and assistant head of the department of Medical Education JIPMER, Regional MCI Nodal Center for Medical Education. The training included newer methods of teaching and assessments in medical education and the various innovative approaches in delivering them. Feedback from the participants was overwhelmingly encouraging and positive regarding



the excellent ways in which all the resource faculty delivered their content and the excellent hospitality from the management. All Participants received MCI recognized course completion certificates which will also be displayed on the MCI website. MEU will continue this legacy and aim to become a regional center in the near future.

**- Dr. John Rajpathy,**  
MEU Coordinator, VMCH & RI.

**HEALTH CAMP AT PAAPANKULAM VILLAGE**

A general health camp was organised by the Department of Community Medicine, Velammal Medical College Hospital & Research Institute at Paapankulam village in Sivagangai district. This is the second of a series of community based activities planned in this village. Paapankulam village was adopted by Velammal Medical College in October 2017 and an alcohol deaddiction campaign was launched on 19.11.17. As the next step of that initiative, a general health camp and a door-to-door survey for prevalence of alcoholism was conducted on 8.12.17. The undergraduate students of medical college visited every house in the village to enquire about any member of the family being addicted to alcohol. If that be the case, further details about that member was collected and that house was enlisted as a target house for deaddiction services. The general medical camp was manned by two female doctors and three male doctors supported by paramedical staff. The camp had an overwhelming response with over 105 patients turning up for the services. Free laboratory services (Blood glucose estimation) and free medicines were dispensed at the camp site for minor ailments and for chronic and major ailments patients were referred to the Rural Health Training Centre of Velammal Medical College located at Ladanenthal. In future, it is proposed to organise preventive and rehabilitative services against alcohol addiction in the same village with the noble aim of making the village alcohol free.



**ENT CONFERENCE**

13<sup>th</sup> South zone and 20<sup>th</sup> Tamil Nadu ENT Specialist three days conference was conducted in Ida Scudder Auditorium at Velammal Medical College Hospital and Research Institute, Madurai. In the conference, ENT specialists came from all over India such as Kerala, Andhra Pradesh, Telungana, Pune, Mumbai, Chhattisgarh, Pabal and Jaipur and also from Srilanka, Italy, Egypt, Saudi Arabia and America.

Dr. Rajasekaran, ENT specialist, VMCH&RI, delivered the welcome speech in the conference. Honorable Chairman, Shri. M.V. Muthuramalingam, Velammal Educational Trust presided over the function while Dr. P. Namperumalsamy, chairman of Aravind Eye Care System, Dr. D. Marudupandian, Dean of Government Rajaji Hospital (GRH) and Madurai Medical College (MMC) participated in the conference as chief guests.

In this conference, ENT treatments which are performed successfully all over the world were discussed. Also, the specialists who came from all over the world delivered the speech concerning their treatment methods and how to use the modern technologies in ENT surgeries. In addition, they discussed the treatment method in which cells in lipids of body are segregated. Critical surgical procedures in ENT were projected in screen and broadly discussed by specialists. This conference was very useful for patients and peoples. Vote of thanks was given by Dr. Dhanyan Harshithan, Organizing Secretary of conference, VMCH& RI.

**VELAMMAL STUDENTS IN INTERNATIONAL CONFERENCE IN DUBAI- APLAR 2017**

We would like to share the fantastic news that our Velammal Medical students have presented in an International Asia Pacific Rheumatology Conference in Dubai.

The 19<sup>th</sup> edition of APLAR kicked off on the 17<sup>th</sup> of October, 2017 at the World Trade Centre of Dubai with a welcome and introductory speech on the future aims and cares to be offered for rheumatology patients both young and old.

Connective tissue diseases and Spondyloarthropathies were the hot topics of the second day of the conference. The talk on SLE in pregnancy brought clarity to one of the grey and critical areas of rheumatology. The curtains were brought down for the day with the seminar on Osteoarthritis in Asian Pacific region.

The conference was packed with Oral Presentations and poster abstract presentations. Participants from various nations presented their research to the eminent judges. We presented our clinical studies from VMCH as posters and they evoked keen interest among the delegates and many were surprised to see medical students presenting in International conferences. It was really a great boon to Velammal College students.

1. Clinical and Immunological Profile of patients with SLE with special focus on Lupus nephritis – Yuva Vishalini
2. Prospective study of Ankylosing Spondylitis in South India - T Dhivya
3. Biosimilars in Rheumatology- our experience and
4. Clinical profile of Pediatric rheumatology in children- Dr. Subramanian, Consultant Rheumatologist.

The ultimate end to this great conference was the much awaited Great APLAR debate which made the gathered audience ponder over the questions put forth by both the speakers. The conference provided a lot of exposure and we met researchers and clinicians of the Asian Pacific region. The knowledge of the gathered was vast as the dunes of the Dubai desert and we left carrying a portion to remember for the days to come.



**Dr N Subramanian, Rheumatologist**

**Yuva Vishalini Ravindran and T Dhivya, 4<sup>th</sup> yr Medical student.**

**CLEANLINESS DRIVES UNDER ANTI DENGUE DAY CELEBRATION**

A cleanliness drive for celebration of Anti dengue day on 26th October 2017, was done by the Community Medicine department. Various spots were identified which might be the likely source of breeding of aedes mosquitoes. Source reduction was done by covering large water body areas with sands and earth material. In some water bodies oil application also done. Cover applied to all major tanks.. Various garbage including paper cup, plastic bottle, plastics wrappers, empty coconut shell, news paper etc. collected in green bins.

**HEALTH EDUCATION PROGRAM FOR PREVENTION OF DENGUE**

The ‘Anti-Dengue Day’ was observed by the department of Community Medicine on 16/11/17 at Velammal Medical College Hospital and Research Institute. As a part of the activity health education was given to the patients and their relatives in the hospital by the medical students.

As part of its efforts to tackle the menace of dengue in the State, all government offices in the State have been instructed to observe all Thursdays as ‘anti-dengue day’ from this month. Activities aimed at cleaning up the campus in which the offices are located would be taken up on Thursdays. Material such as worn-out tyres, broken bottles, plastic cups, polythene bags, egg shells, coconut shells and tender coconut shells served as ideal sources for breeding of aedes mosquitoes if water was allowed to stagnate in them. Stagnation of a mere 20 ml of water in these materials would be enough for the aedes larvae to grow. So it’s necessary to remove all this breeding sites on weekly basis to prevent dengue incidence in localities. Under the same concept our institution also took pledge to prevent Dengue.



**RALLY AND AWARENESS PROGRAM ON DENGUE PREVENTION: VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE, MADURAI**

Students of Velammal Medical College Hospital and Research institute, Madurai and students from Velammal residential school participated in an awareness rally organised by department of Community Medicine, on 2<sup>nd</sup> November 2017.

Mr. Rengarajan, Deputy Collector of Sivagangai District flagged off the rally in the presence of Dr. Yasodhamani, Deputy Director of Health Services Sivagangai district. District Additional Director of Panchayat, Mr. Renga Samy; Thirupuvanam Tahsildar, Mrs. Kamala; Block Medical Officer Government PHC Poovanthi, Dr. Sethu Ramu; and staffs and doctors of department of Community Medicine participated in the rally. The rally started at 10 AM from Velammal residential school and students marched to Ladanendal village and end at main Panchayat hall. Around 250 Students participated in the rally and displayed placards/ banners and raised slogans related to dengue prevention to create awareness among community. Later on MBBS students imparted health education to the villagers and education material was distributed to them. The herbal drink Nilavembu Kudineer was served to the villagers and participants of the rally.



**SCHOOL BASED HEALTH AWARENESS PROGRAM ON DENGUE PREVENTION  
VELAMMAL MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE, MADURAI, TAMIL NADU**

As a part of Dengue awareness activity which is being conducted on every Thursday, on 9th November 2017 it was observed at Velammal Vidhyalaya CBSE School by imparting health education to VIII Standard students. Around 237 children, 4 Class Teachers were assembled in the seminar hall at 10.00 AM. Dr. Trupti Bodhare, Professor and Dr Saranya, Assistant Professor from Department of Community Medicine, Velammal Medical College and Research Institute, delivered the Health Education. The method of communication used was power point presentation followed by few video clips showing the potential breeding sites, modes of transmission, symptoms, warning signs and prevention of Dengue infection. It was an interactive session with the students. Sensitization of School Principal regarding campus cleanliness and mosquito control measures was done.



**ISBAR COMMUNICATION**

ISBAR technique provides a framework for effective communication among members of the healthcare team.

**Prior to calling:**

1. Assess the patient
2. Nurses-if appropriate discuss your concerns with your senior nurse first in order to prioritise the call
3. Know the admitting diagnosis
4. Read the most recent progress notes and the assessment from the nurse and / or Doctor on the previous shift
5. Have available: Observation Chart and latest MEWS, Progress notes, Drug Chart, Fluid Balance, Lab results

**I – Identify**

- Yourself by name and position
- Who you are talking to
- Identify the patient by name and Consultant Name
- Age/ Sex of the patient

**S – Situation**

- Collect the reason for report
- Describe the concern/ problem

**B – Background**

- Reason for admission
- Significant medical history
- Investigations & procedures done
- Medications
- Regime of treatment

**A – Assessment**

- Current problem assessment
- Assess for warning signs
- R – Recommendations
- Recommended treatment
- Plan of Care
- Make suggestions
- Clarity expectations

**R –Review**

- Document the change in condition
- Who you spoke to
- Orders given
- Treatment instigated
- Plan of care and
- Patient response to care

**EYE CAMPS**



As a part of community outreach programme, Eye Department of Velammal Medical College Hospital and Research Institute has conducted 2 Eye Camps during October (Katchaikatti on 8.10.2017, Sholavandan on 25.10.2017) and 3 Eye Camps during November (Ladanendal on 12.11.2017, Poovanthi on 19.11.2017 & Konthagai 26.11.2017). A total of 394 Patients were examined and 306 Refraction done. A total of 126 selected cases were admitted for cataract surgery and 108 patients were operated with IOL implantation.

**WORLD MENTAL HEALTH DAY**



“Giving employees their due recognition, periodic meetings with them to establish direct communication...all these influence mental health of employees. This also increases efficiency at work” Excerpt from the oration of Dr. T.V. Asokan on World Mental Health Day.

Every year, 10th of October is celebrated as World Mental Health Day worldwide. The Department of Psychiatry, Velammal Medical College Hospital and Research Institute, Madurai celebrated this occasion on 10.10.17. A drawing/painting competition was organised for the students of Velammal Medical College, Velammal Allied Sciences College and Velammal nursing college. More than 100 students made their sketches on the title “Mental health at workplace”. Following this, on 23.10.17, a conference was held on the title “Mental health and life skills at workplace”. The chairman of Velammal Educational Trust, Shri. M.V.Muthuramalingam presided over the event and Prof. T.V. Asokan, eminent psychiatrist was the guest speaker. He emphasised on how promoting mental health at workplace can improve work efficiency and profit. He added that the duty of the employer doesn’t end with paying out salaries and bonuses, but also giving the employee due recognition and promoting on-the-job skill development by constructive feedback. Encouraging social well-being of the employees at workplace also promotes mental well-being.

**VELAMMAL COLLEGE OF NURSING-INNUCERATION**



Appreciation of first batch BSc Nursing student by Honourable Chairman for their work during summer vacation - May 2017.



Inauguration of second batch of DGNM & BSc Nursing Programme(04.10.2017)

**BIRTHDAY!**  
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**JANUARY**

- 3 January - Dr. Kalpana Devi, Jr. Resident, Insurance
- 4 January - Dr. Trupti Bodhare, Professor, Community Medicine
- 5 January - Dr. Dhaval Vinochandra Mahadevvala, Asso. Professor, Community Medicine
- 6 January - Dr. M. Sankaranarayanan, Sr. Resident, Radio diagnosis
- 7 January - Dr. T. Ashok Kumar, Asst. Professor, General Surgery
- 11 January - Dr. A. Shobana, Jr. Resident, OBG
- 12 January - Dr. C. Cheraman Pandi, Sr. Resident, Ophthalmology  
- Dr. S. Somasundaram, Medical Superintendent, Administration
- 14 January - Dr. R. Amuthanilavan, Sr. Resident, General Medicine
- 19 January - Dr. Selva Kadungo Vazhiyathan, Sr. Resident, Ophthalmology
- 20 January - Dr. P. Selvakumar, Jr. Resident, Pediatrics
- 23 January - Dr. P. Indra Priyadharsini, General Surgery
- 24 January - Dr. S. Niloufur, Sr. Resident, OBG
- 25 January - Dr. S. Selvakumar, Tutor, Anatomy
- 27 January - Dr. V. Poornima, Consultant, Anesthesiology
- 28 January - Dr. S. Rajalakshmi, Jr. Resident, OBG
- 29 January - Dr. A.P. Ravin Sandron, Jr. Resident, General Surgery2

**FEBRUARY**

- 1 February - Dr. M. Babu Vignesh, Jr. Resident, Speciality
- 6 February - Dr. S.P. Meenakshi Sundaram, Professor, Anesthesiology
- 7 February - Dr. J. Jenish Rajma Arun, Asst. Professor, Pediatrics  
- Dr. G. Rajalakshmi Preethi, Asso. Professor, Radiology
- 8 February - Dr. A. Muhil Vannan, Jr. Resident, General Surgery
- 10 February - Dr. T. Rajaram Manoharan, Professor, Anesthesiology
- 14 February - Dr. G. Ganesh Prabhu, Asst. Professor, General Surgery  
- Dr. A. Sivakumar, Asst. Professor, Orthopaedics
- 15 February - Dr. Shruti Rajesh Rao, Sr. Resident, Anesthesiology (Spl)  
- Dr. P. Yuri Gagarin, Asso. Professor, General Medicine
- 16 February - Dr. M. Nirmala, Medical officer, General Medicine  
- Dr. R. Rathna, Professor, Gynaecology
- 18 February - Dr. M. Selvaganesh, Asst. Professor, General Medicine
- 19 February - Dr. S. Shunmuga Arumugasamy, Sr. Resident, Pediatrics
- 20 February - Dr. Benita Florence, Emergency Physician, Casualty
- 21 February - Dr. P. Lakshmi priya, Jr. Resident, Speciality
- 22 February - Dr. E. Balaji, Sr. Resident, Anesthesiology
- 23 February - Dr. N. Dhivya Bala, Jr. Resident, Speciality
- 25 February - Dr. R. Sudhakar, Asst. Professor, Pathology
- 27 February - Dr. V. Rajagopalan, Asst. Professor, General Surgery  
- Dr. K. Marichamy, Jr. Resident, Intensive Care Unit
- 28 February - Dr. K. Eswari, Jr. Resident, OBG  
- Dr. S. Nithya, Sr. Resident, Pediatrics

**MARCH**

- 2 March - Dr. P. Palanivel, Jr. Resident, Intensive Care Unit
- 3 March - Dr. M. Vijay Ganesh, Sr. Resident, General Surgery  
- Dr. B. Umamaheswari, Jr. Resident, General Surgery
- 5 March - Dr. Deiveegan Chidambaram, Asst. Professor, Community Medicine  
- Dr. Shri Manikandan, Asst. Professor, Dentistry  
- Dr. V. Kabeer Doss, Camp Medical Officer
- 6 March - Dr. P. Rajasekaran, Professor, ENT  
- Dr. K.M. Prabhuswamy, Asst. Professor, General Medicine  
- Dr. S. Jansibanu, Sr. Resident, General Medicine
- 10 March - Dr. M. Kanmani, Jr. Resident, Speciality
- 11 March - Dr. K. Shivakumar, Consultant, Surgical Oncology
- 12 March - Dr. S.R. Sankarasubramanian, Asst. Professor, General Medicine
- 13 March - Dr. R. Kumaran, Asst. Professor, Radio diagnosis
- 14 March - Dr. Shajitha Barveen, Jr. Resident, Speciality
- 19 March - Dr. Pallavi Rathi Vanthitha, Asst. Professor, Dermatology  
- Dr. P. Venkatesh, Asst. Professor, Neurosurgeon
- 20 March - Dr. M. Virgin Joena, Asst. Professor, General Medicine
- 24 March - Dr. B. Rameez Raja, Sr. Resident, General Medicine
- 26 March - Dr. S. Abilash, Jr. Resident, Intensive Care Unit
- 29 March - Dr. S. Ganesh Prasad, Consultant, Urology
- 31 March - Dr. K. Sasikala, Sr. Resident, OBG

**BEST NURSES AWARD FOR  
SEPTEMBER TO NOVEMBER 2017**



**Ms. Sobana**  
(Gastro Ward)



**Ms. Archana**  
(Gastro Ward)



**Ms. Suvitha**  
(Urology Ward)



**Ms. Babitha**  
(Surgical POW)



**Ms. Revathy**  
(Spl VSW II)



**Ms. Rajeswari**  
(Male Medicine I)



**Chitra Devi**  
(Spl. CT ICU)



**Ms. Sabana**  
(FSSW)



**Ms. Ariyanachi**  
(ENT Ward)



**Mrs. Linu Therasa**  
(Surgical POW)



**Ms. Saranya Kala**  
(Male Medicine III)



**Ms. Chitra**  
(Deaddiction Ward)



**Mr. Rojas Jose**  
(Spl CT ICU)

**VELAMMAL COLLEGE OF NURSING STUDENT  
SECURED THE SECOND PLACE IN NURSING  
INTERCOLLEGIATE SPORTS MEET  
"SATHANAIKKU SANTHARPPAM - 2017"**



Jeya Sudha S, I year BSc Nursing student from Velammal College of Nursing participated in Chess competition held among 50 Nursing colleges and she won the Runner up. She was awarded with trophy, medal and certificate

**STUDENTS WHO PARTICIPATED AND PRESENTED PAPER IN ANNUAL CONFERENCE (THUTIL 2017) OF ASSOCIATION OF PHYSIOLOGISTS OF TAMILNADU**



**M. ABIRAMI** (2014-15 Batch) **N. ADHITHYA** (2014-15 Batch) **K. HARITHA** (2016-17 Batch) **S. ISWARYA** (2016-17 Batch)

Congratulation to the students who achieved 100% attendance record for the academic year 2016-17

- |                       |                        |
|-----------------------|------------------------|
| 1. S. Abarjitha       | 7. R. Nivetha          |
| 2. C. Abarna          | 8. K. Santha Moorthy   |
| 3. G. Archana         | 9. S. Santhosh kumar   |
| 4. P. Dhanalakshmi    | 10. R. Surya           |
| 5. J. Heera           | 11. V. Sathiya Prakash |
| 6. V. Sakthi Uma Devi |                        |

Congratulation to **Dr. A.S. Kaniethapriya**, Assistant Professor, Department of Physiology, who won the "First Place" in Oral Presentation for the topic on Effects of Oropharyngeal Exercises and CPAP in moderate OSAS Patients in THUYIL 2017 – 11th Annual Conference of Association of Physiologists of Tamilnadu, organized by Department of Physiology, Stanley Medical College.

**STUDENTS WHO WON THE FIRST PRIZE IN 'THAEATRO ROLE PLAY' IN NATIONAL UNDERGRADUATE CONFERENCE, CHIASSMA 2017**



**R. VAIRA PRAVEENA** (Best Female Actress) **A. ASHWIN ANTO** **M. SANTHOSH**



**S. SIVAKUMAR** **R. THANISK** **N. SETHURAMAN**

Congratulation to **Vaira Praveena R**, II MBBS student who won the first prize in Oral research presentation (Physiology) and best female actress in 'Thaeatro role play in National Undergraduate Conference, CHIASSMA 2017. Also, congratulations to **Sethuraman N** and **Ashwin Anto A**, II MBBS student who won 'best presenter award' in the 'Thaeatro role play'.

**Topper lists for Velammal College of Allied Health Sciences**



**K. Ponpandiyan** Accident and Emergency Care Technology (II year) **A. Nandhini** Cardiac Care Technology (II year) **S. Illavarasi** Critical Care Technology (II year) **S.K. Shobaba Padma** Dialysis Technology (II year)



**K. Diprisha** Operation Theatre & Anesthesia Technology (II year) **B. Mercy Angelin Nandhini** Accident and Emergency Care Technology (I year) **S. Roopa Devi** Cardiac Care Technology (I year) **M. Kowsalya** Critical Care Technology (I year)



**G. Nandhini** Cardiac Care Technology (I year) **M. Swetha** Dialysis Technology (I year) **K.M. Kowshiki** Operation Theatre & Anesthesia Technology (I year)

**WELCOME TO THE VELAMMAL FAMILY**

Dr. N. Sivaprahasam	Professor- General Surgery
Dr. M. Shanthy	Professor- Physiology
Dr. N. Sangeetha	Assistant Professor - Pathology
Dr. A. Deepthi	Assistant Professor - Pathology
Dr. K. Loka Vijayan	Assistant Professor - General Surgery
Dr. S. Prasanna	Consultant - Cardiology
Dr. P. Sureshkumar	Consultant - Surgical Gastro
Dr. R. Muthukumar	Associate Consultant - Neuro Anaesthesia
Dr. Arun Raja	Senior Resident - ICU
Dr. C. Raj Prakash	Senior Resident - General Surgery
Dr. M. Amuthabharathi	Senior Resident - Radiology
Dr. Vijesh Anand	Senior Resident - MHC
Dr. Narmada Devi	Senior Resident - Dermatology
Dr. S. Kalaranjani	Senior Resident - OBG
Dr. S. Suresh	Senior Resident - Orthopaedics
Dr. R. Arunshankar	Senior Resident- Speciality
Dr. Chenthi Nathan	Manager - Insurance
Dr. M. Vaishnavi	Registrar - ICU

**BLS TRAINING CONDUCTED FOR NURSES**



**CHRISTMAS CELEBRATION****DEEPAVALI CELEBRATION ORGANISED BY DEPARTMENT OF BIOCHEMISTRY****ALCOHOL DE-ADDICTION CAMPAIGN AT PAPPANKULAM VILLAGE, SIVAGANGAI BY VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE**

Alcohol is injurious not just to the health of the individual and his family but to the community as a whole. Realising the ripples of problems that alcohol addiction can create, the honourable chairman of Velammal educational trust, decided to initiate a campaign against alcohol addiction in Pappankulam village in Sivagangai district.

As the first step of this campaign, a Community Health awareness programme was organised by the Department of Community Medicine, Velammal Medical College Hospital and Research Institute, Madurai on 19.11.17, between 6 PM and 8 PM. The event opened with the enthusiastic parai aatam by Indian Kalai kuzhu followed by the official inauguration of the event by the local leaders of village, Mr. Muthukamatchi and Mr. Muniyandi.

Dr. Samir Bele, Head of Department of Community Medicine, Dr. John Rajpathy, Professor of Physiology at Velammal Medical College were among the dignitaries who graced the occasion. Dr. Ramanujam, Head of Department of Psychiatry at Velammal Medical College Hospital enlightened the audience about the harmful effects of alcohol addiction. He also introduced the audience to the services and facilities available at the Nambikkai de-addiction centre at Velammal Hospital. A beneficiary of the services was present in the audience to share his story of how he successfully came free from the clutches of alcohol addiction with the help of the able team at Nambikkai de-addiction centre. Undergraduate medical students from Velammal Medical College presented a short film directed and performed by the students themselves, emphasising the fatal effects that alcohol addiction can have. They also performed a skit before the audience to stress upon how de-addiction can positively influence the health and wellbeing of the individual and the community. The event, which was attended by over 500 villagers including women and children, came to a conclusion with the soulful performance of parai aatam. This is the first of the many planned events by Velammal Medical College to target alcohol addiction problem in the community.

**HOSPITAL INFECTION CONTROL AWARENESS PROGRAM**



**ALCOHOL DE-ADDICTION CAMPAIGN AT PAPPANKULAM VILLAGE, SIVAGANGAI  
BY VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE**



**DENTAL HEALTH AWARENESS WEEK**

